

ABSTRACT

THE RELATION OF PHYSIOLOGICAL AND TECHNICAL FOOTBALL WITH SMALL-SIDED GAMES IN YOUTH SOCCER 8-12 YEARS OLD

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Tujuan dari penelitian ini adalah mengetahui secara kuantitatif kemampuan fisiologis, tehnik dan kemampuan bermain 4vs4 sebagai dasar tolak ukur kemampuan anak usia 8-12 tahun. The aim of this research is to obtain the information related by the ability of physiological, technical and small-sided games in youth soccer player 8-12 years old. Fifteen youth soccer players from football academy in Bandung completed 4 v 4 games. The physiological responses to match-play were determined for each player by recording their heart rates during all the games and filming each player to determine individual work-rate profiles and evaluate technical actions. Mean \pm SD heart rate for 4 vs 4 (138 ± 15 beats/m). The Skor assessment in everybody (29.8 ± 9 pts). The total mean of points (6.1 ± 3 pts). Total distance covered during games also as much (146.80 ± 90 m; $P>0.05$). The total of small-sided games were not significantly relation with the among of physiological predictors after did T-Skors (Mean: 50 ± 5 ; $P<0.05$). While, between small-sided games with technical football (55.37 ± 15 ; $P>0.05$) was not significantly too ($P<0.05$). The data from this investigation suggest that physiological predictors is not related with match-play 4 vs 4. In otherwise, this observation is not differ with before which is technically related actions that are not significantly influenced by match-play 4 vs 4.

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ABSTRAK

HUBUNGAN *PHYSIOLOGICAL PREDICTORS* DAN KETERAMPILAN TEKNIK DASAR SEPAKBOLA DENGAN *SMALL-SIDED GAMES* PADA ANAK USIA 8-12 TAHUN

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Tujuan dari penelitian ini adalah mengetahui secara kuantitatif kemampuan fisiologis, tehnik dan kemampuan bermain 4vs4 sebagai dasar tolak ukur kemampuan anak usia 8-12 tahun. Limabelas (15) pemain sepakbola usia dini dari sekolah sepakbola yang ada di kota Bandung melakukan uji *small-sided games (4vs4)*. Respon fisiologis setiap pemain di *recording* dan *filming* selama pertandingan berlangsung untuk mengetahui profil kerja fisiologis dan kemampuan tehnik. Rata-rata \pm denyut nadi untuk 4 vs 4 (138 ± 15 beats/m). Jumlah Skor untuk setiap orang (29.8 ± 9 pts). Rata-rata point yang dimiliki (6.1 ± 3 pts). Jumlah jarak selama pertandingan (146.80 ± 90 m; $P>0.05$). Hasilnya menyebutkan bahwa tidak terdapat hubungan yang signifikan antara *small-sided* dengan *physiological predictors* yang sudah di T-Skors (Mean: 50 ± 5 ; $P<0.05$). Sementara, pada variable lainpun terjadi hal yang sama, bahwa tidak terdapat hubungan antara keterampilan tehnik dasar sepakbola (55.37 ± 15 ; $P>0.05$) dengan *small-sided games* ($P<0.05$). Hasil akhir menyebutkan bahwa tidak ada hubungan antara keduanya.

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